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AMENDMENTS TO THE CLAIMS:

Please cancel Claims 1-8, and 10 without prejudice or disclaimer of the subject matter thereof.

Claims 1-10 (Cancelled)

- 11. (New) A chewing gum consisting essentially of at least one cavity that retains a liquid or semi-liquid substance wherein said liquid or semi-liquid substance consists essentially of an active ingredient consisting essentially of calcium and chromium picolinate, said active ingredient present in an amount of at least about .05 mg.
- . 12. (New) The chewing gum of Claim 11 wherein said active ingredient is present in an amount of more than about 30 mg.
- 13. (New) A chewing gum as set forth in Claim 11, wherein said active ingredient is present in the form of a controlled release formulation.
- 14. (New) A chewing gum as set forth in Claim 13, wherein said controlled release formulation has desirable solubility and dissolution rates.
- 15. (New) A chewing gum as set forth in Claim 13, wherein said controlled release formulation comprises time release capsules.
- 16. (New) A chewing gum as set forth in Claim 11, wherein said active ingredient is present in an amount effective to treat osteoporosis.
- 17. (New) A chewing gum as set forth in Claim 11, wherein said liquid or semi-liquid substance coacts with components contained in said gum.

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- 18. (New) A chewing gum consisting essentially of at least one cavity that retains a liquid or semi-liquid substance wherein said liquid or semi-liquid substance consists essentially of an active ingredient consisting essentially of calcium, chromium picolinate, and magnesium, said active ingredient present in an amount of at least about .05 mg.
- 19. (New) A chewing gum consisting essentially of at least one cavity that retains a liquid or semi-liquid substance wherein said liquid or semi-liquid substance consists essentially of an active ingredient consisting essentially of calcium, chromium picolinate, and zinc, said active ingredient present in an amount of at least about .05 mg.
- 20. (New) A chewing gum consisting essentially of at least one cavity that retains a liquid or semi-liquid substance wherein said liquid or semi-liquid substance consists essentially of an active ingredient consisting essentially of calcium, chromium picolinate, and vitamin E, said active ingredient present in an amount of at least about .05 mg.
- 21. (New) A chewing gum consisting essentially of at least one cavity that retains a liquid or semi-liquid substance wherein said liquid or semi-liquid substance consists essentially of an active ingredient consisting essentially of calcium, chromium picolinate and at least one component selected from the group consisting of a vitamin, a mineral supplement, guarana, ginseng, green tea, golden seal, ginger, a medicinal component, and lecithin, said active ingredient present in an amount of at least about .05 mg.
- 22. (New) A chewing gum consisting essentially of at least one cavity that retains a liquid or semi-liquid substance wherein said liquid or semi-liquid substance consists essentially of an active ingredient consisting essentially of calcium, chromium picolinate, and at least one additional component selected from the group consisting of a vitamin, a metabolic enhancer that increases a user's metabolism in order to achieve a higher caloric burn rate, a mineral

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supplement, guarana, ginseng, green tea, gota kola, golden seal, ginger, bee pollen, a medicinal component, nettles, and lecithin, said active ingredient present in an amount of at least about .05 mg.